telemedora

Diagnostic Home Polysomnogram

Report

Name:			
Study Date:	- -		
Study ID#			
Gender:	M		
DOB:	- -		
Age:	43	years	
Weight:	204	Lbs	
Height:		In	
BMI:	2845		

Interpreting Sleep Physician:	Dr. Subaila Zia
Address:	Telemedora 1250 Borregas Ave, Ste. 62 Sunnyvale, CA 94089 Phone (650) 687-7368 Fax: (650) 309-1678
Scoring Technician:	John Doe, RPSGT

Summary:

AHI ≥ 3%	ODI ≥ 3%	AHI ≥ 4%	ODI ≥ 4%	Min SpO2	Mean SpO2	Time ≤ 90%	PLMS Index
54.7	36.8	40.0	22.2	83.0%	95.9%	2.8 min	4.2/hr

Arousal index:	**40.7/hr**
Total sleep time:	**459.5 min**
Sleep efficiency:	77.2%
REM % of TST:	13.2%
Sleep latency:	20.0 min
REM latency:	119.5 min
Wake after sleep onset (WASO)	115.5 min
Mean heart rate:	59 bpm
Respiratory disturbance index:	54.7/hr

AHI ≥ 4% REM:	**63.5/hr**
AHI ≥ 4% REM+S:	63.6/hr
AHI ≥ 4% Supine:	53.6/hr
AHI ≥ 4% Non Supine:	1.0/hr

REM	60.5 min	13.2%
N1	98.0 min	21.3%
N2	226.5 min	49.3%
N3	74.5 min	16.2%

Obstructive apnea index:	31.7/hr
Mixed apnea index:	0.0/hr
Central apnea index:	3.3/hr
Hypopnea (≥3%) index:	19.7/hr
Cheyne-Stokes/PB duration % of TST:	0.0%

History:

Patient is 43-year-old male with no significant past medical history. Clinical symptoms include chronic loud disruptive snoring, lack of refreshing sleep, excessive daytime sleepiness, difficulty falling asleep, difficulty staying asleep, mild short-term memory loss and feeling drowsy while driving. STOP BANG was 3. Epworth Sleepiness Score was 4. Medications: None. Patient denies having a sleep study in past. Given at least intermediate pretest probability of possible underlying sleep disordered breathing disorder, diagnostic unattended home Polysomnogram was done per patient's preference on 7/17/2026.

	count	**index**	count	**index**	count	**index**	count	**index**	count	**index**	count	**index**
Apnea And Hypopnea:	419	**54.7**	75	**74.4**	344	**51.7**	408	**71.9**	11	**5.5**	75	**74.5**
Apnea:	268	**35.0**	62	**61.5**	206	**31.0**	267	**47.0**	1	**0.5**	62	**61.6**
Obstructive Apnea:	243	**31.7**	62	**61.5**	181	**27.2**	243	**42.8**	0	**0.0**	62	**61.6**
Central Apnea:	25	**3.3**	0	**0.0**	25	**3.8**	24	**4.2**	1	**0.5**	0	**0.0**
Mixed Apnea:	0	**0.0**	0	**0.0**	0	**0.0**	0	**0.0**	0	**0.0**	0	**0.0**
Hypopnea:	151	**19.7**	13	**12.9**	138	**20.8**	141	**24.8**	10	**5.0**	13	**12.9**
Obstructive Hypopnea:	151	**19.7**	13	**12.9**	138	**20.8**	141	**24.8**	10	**5.0**	13	**12.9**
Central Hypopnea:	0	**0.0**	0	**0.0**	0	**0.0**	0	**0.0**	0	**0.0**	0	**0.0**
RDI:	419	**54.7**	75	**74.4**	344	**51.7**	408	**71.9**	11	**5.5**	75	**74.5**

	Sleep		REM		NREM		Supine		Non supine	
	minutes	percent	minutes	percent	minutes	percent	minutes	percent	minutes	percent
CSB:	0.0	0.0%	0.0	0.0%	0.0	0.0%	0.0	0.0%	0.0	0.0%

4% Rule Summary

*Based on events meeting a 4% desaturation criteria

	Sleep	REM	NREM	Supine	Non supine	REM + supine
AHI 4%*	40.0	63.5	36.4	53.6	1.0	63.6
ODI 4%* 22.2 27.8 21.4 29.6 1.0 - Apnea 4%* 35.0 61.5 31.0 47.0 0.5 61.6						
Obstructive Apnea 4%*	31.7	61.5	27.2	42.8	0.0	61.6
Central Apnea 4%*	3.3	0.0	3.8	4.2	0.5	0.0
Mixed Apnea 4%*	0.0	0.0	0.0	0.0	0.0	0.0
Hypopnea 4%*	5.0	2.0	5.4	6.5	0.5	2.0
Obstructive Hypopnea 4%*	5.0	2.0	5.4	6.5	0.5	2.0
Central Hypopnea 4%*	0.0	0.0	0.0	0.0	0.0	0.0

Oxygen Summary

	TST	REM	NREM	Supine	Non supine
SpO2 Mean	95.9%	96.1%	95.8%	96.0%	95.4%
SpO2 Min	83.0%	89.0%	83.0%	83.0%	83.0%

Desaturation Index (ODI): 36.8 Evts/H **Desaturations Duration: 105.4 Min**

	Sleep	REM	NREM	Supine	Non supine
Desaturation Index (Evts/H)	36.8	49.6	34.9	47.7	5.5

SpO2	TST		Wake		REM		NREM		Supine		Non Supine	
	duration	percent	duration	percent	duration	percent	duration	percent	duration	percent	duration	percent
<90%	2.8	0.6%	0.0	0.0%	0.2	0.3%	2.6	0.6%	2.7	0.6%	0.1	0.1%
≤88%	1.2	0.3%	0.0	0.0%	0.0	0.0%	1.2	0.3%	1.1	0.2%	0.1	0.1%
<80%	0.0	0.0%	0.0	0.0%	0.0	0.0%	0.0	0.0%	0.0	0.0%	0.0	0.0%
<70%	0.0	0.0%	0.0	0.0%	0.0	0.0%	0.0	0.0%	0.0	0.0%	0.0	0.0%

Arousals

	Count	Index
Total	312	
Apnea		
Hypopnea	157 94	**40.7**
Apnea And Hypopnea	251	**20.5**
RERA	0	**12.3**
PLM	7	**32.8**
Leg Movement	7	**0.0 0.9**
Desaturation	10	**0.9 1.3**
Spontaneous	37	**4.8**

Snoring Summary

	Duration (Min)	Percent Of TST
Snoring	241.3 min	52.5%

Movement Events

	Count	**Index (Evts/H)**
Total leg movements	62	**8.1**

	Total		**REM**		**NREM**		**Supine**		**Non Supine**	
	count	index	count	index	count	index	count	index	count	index
PLMS	32	4.2	0	0.0	32	4.8	30	5.3	2	1.0

Position Statistics

	Sleep		Respiratory Events During Sleep	
	Duration (Min)	**Percentage**	Count	**Index (evts/h)**
Supine	340.6	**74.1%**	408	**71.9**
Left	117.0	**25.4%**	9	**4.6**
Right	2.0	**0.4%**	2	**60.0**
Prone	0.0	**0.0%**	0	**0.0**
Upright	0.0	**0.0%**	0	**0.0**
Non Supine	119.0	**25.9%**	11	**5.5**

Bruxism Summary

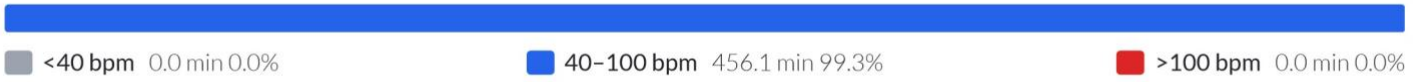
	Count	% Total	Index (Evts/H)	Avg Dur (Sec)	Min Dur (Sec)	Max Dur (Sec)	Total Time (Min)
Phasic	7	100.0%	0.9	5.4	3.3	9.1	0.6
Tonic	0	–	–	–	–	–	–
Mixed	0	–	–	–	–	–	–
Total	**7**	**100.0%**	**0.9**	**5.4**	**3.3**	**9.1**	**0.6**

Cardiac Summary

Heart rate summary

	WAKE	SLEEP	REM	NREM
MEAN	63	59	59	59
MAX	126	139	139	137

HR distribution during sleep



<40 bpm 0.0 min 0.0% 40–100 bpm 456.1 min 99.3% >100 bpm 0.0 min 0.0%

Cardiac events

	Count	Index In Sleep (Evts/H)	Key HR	Time in (min)	Avg dur (sec)	Min dur (sec)	Max dur (sec)
Sinus bradycardia	0	0.0	–	–	–	–	–
Sinus tachycardia	0	0.0	–	–	–	–	–

Arrhythmia Summary

	Count	Index (Evts/H)	Key HR	Time In (Min)	Avg Dur (Sec)	Min Dur (Sec)	Max Dur (Sec)
Atrial fibrillation	0	0.0	Avg: –	–	–	–	–
Narrow complex tachycardia	0	0.0	Highest: –	–	–	–	–
Wide complex tachycardia	0	0.0	Highest: –	–	–	–	–

	Count	Index (Evts/H)	Avg Dur (Sec)	Min Dur (Sec)	Max Dur (Sec)
AV blocks	0	0.0	–	–	–
Pacemaker Rythm	0	0.0	–	–	–
Asystole	0	0.0	–	–	–
Other Irregular Beats	0	0.0	–	–	–

	Count	Index (Evts/H)
PACs	0	0.0
PVCs	0	0.0

Signal Quality

Percentage Signal Without Artifacts in Total Recording Time

SpO2:	97.0%	Heart Rate:	99.2%
SpO2 Supine:	97.4%	Position:	100.0%
Nasal Pressure:	100.0%	EMG Leg:	100.0%
% Epochs Staged:	100.0%		

Note

Technician

Good study quality. Fair sleep architecture (increased WASO, decreased REM). Severe arousal index. Severe AHI/ODI. Moderate snore. Phasic bruxism observed. No significant PLMs. ECG was NSR.

Reviewing Technician Name

Sindy J. Cristancho

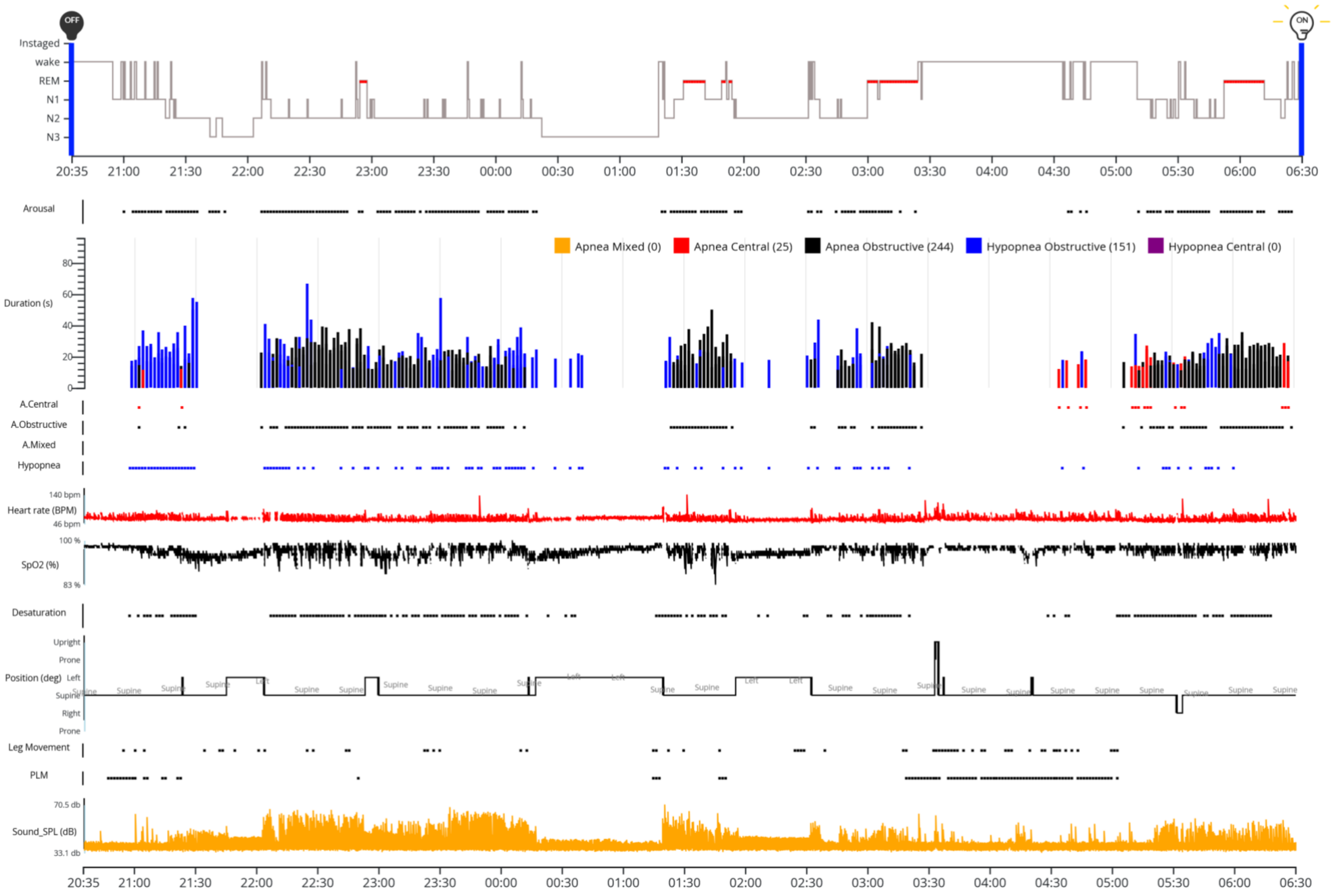
Certifications

RPSGT

Method

High complexity diagnostic unattended home polysomnography sleep study performed. Recording montage includes EEGx2, EOGx2, EMGx2, ECG with HR, Nasal pressure transducer, chest effort, chest derived airflow, SpO2, body position, snoring microphone, limb EMG, & movement activity measure. The collected data was scored in 30-second epochs according to current American Academy of Sleep Medicine criteria using the 3% rule.
The recording was acquired with Onera STS I and analysed with SleepMap v1.4.1

Trends


OFF
ON
Instaged
wake
REM
N1
N2
N3
20:35
21:00
21:30
22:00
22:30
23:00
23:30
00:00
00:30
01:00
01:30
02:00
02:30
03:00
03:30
04:00
04:30
05:00
05:30
06:00
06:30
Arousal
Apnea Mixed (0)
Apnea Central (25)
Apnea Obstructive (244)
Hypopnea Obstructive (151)
Hypopnea Central (0)
Duration (s)
80
60
40
20
0
A.Central
A.Obstructive
A.Mixed
Hypopnea
140 bpm
Heart rate (BPM)
46 bpm
100 %
SpO2 (%)
83 %
Desaturation
Upright
Prone
Position (deg)
Left
Supine
Right
Prone
Leg Movement
PLM
70.5 db
Sound_SPL (dB)
33.1 db